



Veterans Home Care

Peace at home *for those who served*

The Veterans' Home Care (VHC) Program is a initiative by the Department of Veterans' Affairs (DVA) designed to help veterans and war widows or widowers maintain their independence and continue living comfortably in their own homes.

By providing practical assistance with daily tasks, VHC ensures that our veterans receive the support they deserve.

Who is eligible?

If you hold a Veteran Gold Card or a Veteran White Card*, live at home, and find it challenging to perform daily activities due to functional limitations, you may be eligible for VHC services. The program is tailored to those needing a bit of extra help to stay independent, rather than addressing complex or high-level care needs.

Why consider VHC?

The VHC Program not only supports veterans in their daily lives but also acknowledges the vital role of carers in the veteran community. By offering these services, VHC aims to enhance the quality of life for veterans, ensuring they receive the respect, care, and assistance they've earned through their service.

What services are available?

A range of services are available under VHC to cater to various needs:

Domestic Assistance: This includes help with house cleaning, dish washing, laundry, bed making, unaccompanied shopping using a shopping list, meal preparation, and unaccompanied bill paying.

Personal Care: Assistance with bathing or showering, toileting, dressing, grooming, and eating.

Respite Care: Designed to give primary carers a break, respite care can be provided in-home, in a residential facility, or as emergency short-term home relief when the usual carer is unexpectedly unavailable.

Home and Yard Maintenance†: Focuses on safety-related tasks such as replacing light bulbs, cleaning gutters, windows, ceiling fans, and minor home maintenance.

Get started...

If you or someone you know could benefit from the Veterans' Home Care Program, don't hesitate to call 1300 523 985. Embracing this support can make daily living more manageable and enjoyable, allowing our veterans to continue thriving in their own homes.

Note: A small co-payment applies to most services. *Service eligibility is assessed through the VHC assessment agency, with a referral and service plan then provided to CatholicCare. † Home & yard maintenance is not currently available in all regions



ANZAC DAY

lest we forget



Creating Connections

As a provider built on serving the community, our CatholicCare teams have been busy connecting with locals around the region.

The CEO's Corner

Anzac Day is a powerful reminder of the courage and sacrifice displayed by those who have served our nation. It also highlights our continuing responsibility to support and care for those who have dedicated so much to protecting our freedoms.

This Anzac Day, join us in honouring the incredible strength, resilience, and spirit shown by our veterans and older community members. By acknowledging the shared values of duty and service that unite these groups, we strengthen bonds across generations and deepen our collective appreciation.

As we pay tribute to the Anzac legacy on April 25th, let us also renew our commitment to caring for senior members of our community - many of whom have proudly served. Programs such as Veteran's Home Care offer practical support... Let us ensure that all veterans receive the respect, dignity, and quality of care they deserve.

We will remember them,
Robert Sims - CatholicCare Chief Executive Officer

Members of our **Social Services, Community Care,** and **Domestic & Family Violence** teams recently attended the Women's Health Information & Referral Service CQ Wellness Expo in Rockhampton, to promote mental health and wellbeing for women.

In Bundaberg, **Samantha** was out and about in Bunnings doing some service promotion with shoppers - while no sausages were on offer, we did have plenty of goodies and brochures to give away

Justine and **Brooke** from our Gladstone team attended an event in Miriam Vale to welcome new residents to the area and promote our services there, including giving out some useful freebies!

It's great to see our teams so active in the community. If you see us while out and about, please make sure to come and say hello!



STOP. CHECK. PROTECT.

No one is immune to scams, but there are ways to stay safe. By remembering three simple steps, we can all protect ourselves and others.



Scammers increasingly take advantage of new technology, new products or services and major events to create believable but deceptive stories.

That's why the Australian Government is tackling the threat of scams with the launch of the Stop. Check. Protect. campaign.

The 1-2-3 to avoid being scammed:

- STOP** – Don't give money or personal information to anyone if unsure.
- CHECK** – Consider who you're dealing with and ask yourself: could the message or call be fake?
- PROTECT** – Act quickly if something feels wrong and report scams to Scamwatch. Your report will help protect others.

If you've been affected...

Don't be embarrassed about being scammed.

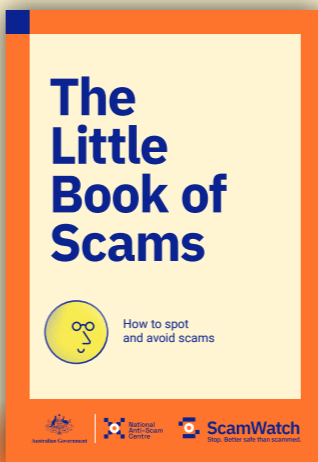
If you have shared financial information or transferred money, contact your bank immediately. If you have given away your personal information, you can call IDCARE for help on **1800 595 160**.

When you report the scam, the people who read your report understand how you are feeling. You are not alone. Contacting support services can help you understand what happened but also alerts authorities about scam activities so they can work on making it harder for scams to succeed.

Help others by reporting scams to Scamwatch:
www.scamwatch.gov.au

More Resources

The Little Book of Scams is recognised internationally as an important tool for consumers and small businesses to learn about scams.



CatholicCare Chat
Last year we published a guide on how to avoid cyber scams and fraud in our monthly newsletter.



Scan QR codes or visit www.catholiccarecq.com/scamwatch



RECIPE



Rachael's Gluten Free...

Apple Crumble

How'd you like them apples?!



Ingredients...

- 1 cup gluten free cornflakes crushed
- ½ cup gluten free muesli or oats
- ½ cup desiccated coconut
- ½ cup slivered almonds
- ½ cup seeds (sunflower, pumpkin)
- ¼ cup brown sugar (or less)
- ¾ cup gluten free self-raising flour
- 1 tsp cinnamon
- ½ tsp nutmeg
- 120g butter (approx.) or coconut oil
- 1 large tin pie apples or cook your own apples (3 to 4 cups)
- 2-3 fresh apples thinly sliced

Just six simple steps:

1. Preheat oven to 180 °c (170 °c fan-forced).
2. Place all apples in a square ceramic/glass oven proof dish.
3. Combine all other ingredients in a large bowl using fingers (with gloves) until it comes together in large 'clumps'.
4. Sprinkle crumble on top of apples.
5. Bake for 30-35 minutes, until golden brown.
6. Cool for 10 minutes and serve with your choice of cream, ice cream, custard.

CatholicCare offers individual consultations with our qualified nutritionist, Rachael, to help you improve your overall health and wellbeing.

Contact us today
to get started!



WONDERWORD

Reef Science

Can you complete this coral reef inspired Wonderword puzzle? We are 'shore' you can!

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|------------|--------------|------------|----------|
| MANAGEMENT | RELATIONSHIP | CHART | REEF |
| HARD | ENVIRONMENT | CALCIUM | PRECIOUS |
| ATOLL | ZOOPLANKTON | SYMBIOTIC | HUMAN |
| TROPICAL | ECOSYSTEM | CARBONATE | |
| BARRIER | SYNOPTIC | SOFT CORAL | |

E	M	H	D	O	I	T	R	A	H	C	N	A	G
T	E	T	H	R	A	N	A	M	U	H	O	O	R
A	N	N	M	E	M	E	R	A	C	M	T	Y	E
N	V	T	Z	C	A	U	E	T	L	U	K	R	L
O	I	R	H	O	T	E	E	C	M	S	N	E	A
B	R	C	A	S	O	C	F	A	E	Y	A	I	T
R	O	L	R	Y	L	S	N	L	S	N	L	R	I
A	N	Z	D	S	L	A	L	C	R	O	P	R	O
C	M	I	A	T	G	R	C	I	H	P	O	A	N
E	E	P	R	E	C	I	O	U	S	T	O	B	S
B	N	N	M	M	P	M	E	M	E	I	Z	I	H
L	T	E	C	O	R	A	L	T	O	C	R	I	I
A	N	P	S	Y	M	B	I	O	T	I	C	O	P
T	S	O	F	T	T	R	O	P	I	C	A	L	E



Need a hint or looking for the solution?
Scan the QR code or visit:
www.catholiccarecq.com/wonderword

Wonderword Source: thewordsearch.com